



**2016**

SALINA PARKS & RECREATION  
THERAPEUTIC RECREATION PROGRAM

# NEWS & VIEWS



**So You Think You Can Dance?**  
**\$8/\$16**  
**Mon., Oct. 3 & 17**

Do you love music? Do you like to dance? Need a little exercise? Let Morgan & Megan teach you some fun dance moves! Pick-ups start at 4:30 and the class runs from 5:30-6:30 pm. We'll be at Oakdale Stage again this month. The 17th will be your performance. Invite your family and friends to watch!!

**Bowling I & II**  
**\$7/\$12 per session**  
**Wed., Oct. 5 & 26**

You may bowl two games each session. Cost includes shoe rental. Please bring money if you wish to purchase food or drinks. Pick-ups begin at 2:00 pm and bowling is from 3:00-4:00 pm at All Star Lanes.

**Mileage Club**  
**\$5/\$13**  
**Fri., Oct. 7 & 28**

Mileage Club participants receive "Toe Tokens" for each mile walked plus additional incentives for goals reached. This month we will be walking at Sunset Park. In case of inclement weather we will walk at the mall. Pick-ups begin at 2:00 pm and we will walk from 3:00-4:00 pm.

**Healthy Cooking** Accessible  
**\$8/\$13 Limit 10**  
**Wed., Oct. 12**

This class will be held from 3:00-4:00 pm in the K-State Extension Kitchen at the City/County Building, 300 W. Ash St., room 109. Participants will help prepare a dish to take home and help clean up after the lesson. This month's recipe is Italian Chicken with vegetables), **You may only attend one cooking class to give everyone a chance to attend.**

**Fall Pizza Party & Dance**  
**\$20**  
**Fri., Oct. 14**

Your evening will begin at Friendship Center. You will need to be dropped off before 5:30 pm to catch the bus to Sunnyside Pumpkin Patch. Cost includes pizza, drink, access to the corn maze, hayrack ride, and dance. At 9:00 pm the bus will take you back to Friendship Center where you will need to be picked up by 9:30 pm. **I will need an accurate count for this event in order to purchase enough pizza. Please list the number of staff attending!!**

**Halloween Games**  
**10/\$15**  
**Wed., Oct. 19**

Join us at Carver Center from 3:00-4:00 pm for some fun Halloween themed games!

Have fun! Win prizes! Pick-ups begin at 2:00 pm.

**Music Therapy**  
**\$5/\$10**  
**Thurs., Oct. 20**

It's music and dancing and instruments, and more!! Come and join us as Debbie Temple leads this fun class! Pick-ups begin at 2:00 pm and this class is from 3:00-4:00 pm at Carver Center.

**Cooking Class** Non-Accessible  
**\$8/\$13 Limit 8**  
**Fri., Oct. 21**

Join us at the Salina Emergency Food Bank for a cooking lesson from 3:00-4:00 pm. Participants will help prepare a dish to take home, and help clean up after the lesson. Pick-ups begin at 2:00 pm. **You may only attend one cooking class to give everyone a chance to attend.**

**Afternoon Movie**  
**\$10/\$15**  
**\$20/\$25 w/snack included**  
**Mon., Oct. 24**

Join us for a movie at the AMC theaters in the mall. Pick-ups begin at 2:30 pm. When we get to the mall, you'll choose a movie to watch. **\*\*We are now offering the option of pre-paying for your snack when you enroll. This will eliminate the necessity of you bringing extra money to the theatre. However, you may still sign up as usual and purchase your own snacks at the theater if you prefer.**

# DENVER TRIP NOVEMBER 5-8!!!

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